

iO Clinic

A Comprehensive Guide to Ticks



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Hello there!

Welcome to Almaty, a beautiful city nestled in the foothills of the Trans-Ili Alatau Mountains. As an expat, it is important to be aware of the local health risks and take necessary precautions.

One such risk is tick-borne encephalitis (TBE), a viral infection transmitted by ticks. In this guide, we will provide information about ticks, tick-borne encephalitis, and steps to prevent and manage tick bites.



Overview of Ticks in Almaty

- Ticks are **small, blood-sucking arachnids** commonly found in **wooded and grassy areas**.
- Ticks can **transmit various diseases**, including tick-borne encephalitis, which is prevalent in the region.

Tick-borne encephalitis (TBE) is an acute infectious viral disease that primarily affects the central nervous system, and its consequences can range from full recovery to health disorders leading to disability and death.



The most active period for ticks in Almaty is from April to September, with the highest activity in May and June.

TBE is an acute infectious viral disease

Infection can **occur** through visiting endemic areas for TBE, **being in contact with animals** or objects carrying ticks, consuming **raw milk** from infected goats, sheep, or cows, and through **skin contact** with the virus when **crushing ticks** or **scratching** the **bite area**.

Symptoms include fever, chills, severe headaches, high temperature, nausea, vomiting, and muscle pain.

People of **all ages** and genders **are susceptible** to tick-borne encephalitis.

Those who spend time in forests, such as forestry workers, geologists, construction workers, hunters, and **tourists, are at higher risk of infection.**

Protection measures against tick bites include:

- do not sit or lay down on grass
- vaccination
- wearing light-colored clothing
- tucking pants into socks
- using repellents
- regular checks for ticks on clothes and the body.

Vaccination is an effective way to prevent tick-borne encephalitis.



You got bitten. Now what?

If a tick attaches itself to you, it is important to seek **immediate medical attention** at **healthcare facilities (trauma centers)** where you can receive qualified medical assistance and determine the need for **emergency seroprophylaxis** (administration of immunoglobulin **against tick-borne encephalitis** within **96 hours of tick attachment**).



DO NOT:

- X REMOVE THE TICK YOURSELF
- X TRY TO CRUSH THE TICK



If you have scratches or cuts on your hands, the virus can enter your bloodstream.

To remove a tick

ONLY if medical help is unavailable within 96 hours, you need to remove the tick very carefully to avoid breaking off its "mouth", which is deeply and strongly embedded. When removing a tick, follow these recommendations:

- 01** Grasp the tick with **tweezers** or fingers wrapped in **clean gauze** as close as possible to its **mouthparts** and hold it strictly perpendicular to the bite surface. **Rotate the tick's body around its axis and extract it from the skin.**
- 02** **Disinfect** the **bite area** with a suitable solution (70% alcohol or 5% iodine) **DO NOT USE COLOGNE!**
- 03** After removing the tick, thoroughly **wash your hands with soap.**
- 04** The removed **tick can be examined** in the **laboratory** of especially dangerous infections branch of the "National Expertise Center".



COMMUNICATION

CONTACT DETAILS

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National Expertise Center
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OFFICE HOURS

M - W 9:00am - 3:00pm
Th - F 9:00am - 5:00pm

WEBSITE

<https://nce.kz/en/>

SOCIAL MEDIA

@nce.kz

Emergency and trauma centers in Almaty



Emergency seroprophylaxis for tick-borne encephalitis is carried out in Almaty at the following medical organizations (trauma centers):

WHAT YOU'LL GET:

- ✓ **Central City Hospital No.12** (6 Zhandosova Street) - serves **adult** population of Bostandyk and Medeusky districts;
- ✓ **Emergency Hospital BSNP** (96 Kazybek bi Street) - serves **adult** population of Almalinsky district;
- ✓ **City Clinical Hospital No. 4** (220 Papanin Street) - serves **adult** population of Zhetysusky and Turksibsky districts;
- ✓ **City Hospital No.7** (20 Kalkaman microdistrict) - serves **adult** population of Alatausky, Auezovsky, and Nauryzbaysky districts;
- ✓ **Center for Emergency Pediatric Medical Assistance** (40 Manasa Street) – serves **children up to 14 years of age (inclusive) from all city districts.**

FAQ's

How to avoid bites?

- Wear long-sleeved shirts, long pants, and closed-toe shoes when in wooded or grassy areas. Use insect repellents on exposed skin

Can we still have fun outside?

Yes, but regularly check yourself, children, and pets for ticks after spending time outdoors.

What to do if bitten by a tick?

Seek immediate medical attention at a local healthcare facility or trauma center. Do not attempt to remove or crush the tick yourself.

What to expect at the hospital?

You get examined by a doctor and may need an emergency Seroprophylaxis (administration of immunoglobulin against tick-borne encephalitis).

I'm not sure, I need further assistance...

Please feel free to call iO Clinic for a 24/7 assistance or an appointment with a doctor.

We care!

By understanding the risks associated with ticks and tick-borne diseases, you can better protect yourself and your loved ones. We hope this guide has provided you with valuable information to help you enjoy a safe and healthy experience in this vibrant city.

Remember, if you have any concerns or questions, don't hesitate to consult a healthcare professional. Enjoy your time in Almaty, and embrace all that it has to offer with confidence and peace of mind.

[SCHEDULE A CALL](#)

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As a doctor, I cannot stress enough the importance of prevention when it comes to tick-borne diseases. Be proactive in safeguarding your health by following recommended guidelines and seeking timely medical assistance if needed.

Dr. Sholpan



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